



March 1, 2011



Dear Sea Girt Lifeguard,

Enclosed is your 2011 lifeguard application. Please fill it out completely and return to the Borough Hall address on the application. Please return to Borough Hall no later than April 30th 2011.

With **LITTLE** anticipated turnover this year, I would like to get a handle on who is planning on returning and what scheduling issues there may be. If you are not returning, I would ask that you please let me know that as well.

There will be a Pre Employment Swim and Stamina test at the Atlantic Club in Wall Township in May. The date is set for **Sunday, May 1st at 4pm** or **Saturday May 7th at 4pm**. New applicants will be at the first date on Saturday.

- ◆ The pool test will be: A 500m test in 10 minutes or less.
- ◆ The stamina test will be two parts: A 1 1/2 mile run in 12 minutes or less.
- ◆ You will need to be at the outdoor pool (under the bubble) 15 minutes before the test. Please bring a towel, goggles etc., as they will not be provided for you. Please bring appropriate footwear for the run test.
- ◆ There are NO EXCEPTIONS – you must complete both sections before working.

If you can not make the pool test, you will have until **Friday, June 11th** to take the test in the ocean. As always, we work weekends until the 18th of June then start full time that weekend and work through the 2nd or 3rd weekend after Labor Day.

As you know your work as a lifeguard is important, and the people that visit the beachfront rely on you for your professionalism and skills. Please be ready to work and be in shape for your job. Recertification training will be ongoing starting in May.

If you are interested in working skeleton crew the week before Memorial Day, please get in touch with me. There are also a few spots available for work starting in April through Memorial Day Weekend for skeleton work and assisting in getting the beachfront ready. Those hired or rehired are reminded that you are at will employees while employed. If you have any questions, please do not hesitate to call **(732.245.2860)** or email me **(tharmon@seagirtboro.com)**.

Sincerely,

Tim

Timothy Harmon
Chief of Lifeguards
Borough of Sea Girt, NJ

P.O. Box 296 Sea Girt, New Jersey 08750
www.seagirtbeachpatrol.org 732.449.9335 LGHQ 732.449.9162 LGHQ fax



Employment Prerequisites for the Sea Girt Beach Patrol

1. Minimum age: 16 years of age
2. Physical Condition:
 - a. normal hearing
 - b. 20/20 vision normal or corrected
 - c. no disabling deformities or conditions
 - d. demonstration of the ability to handle any and all situations indigenous to the area of responsibility
 - e. a medical doctors statement certifying that you are healthy enough and are in good physical shape to participate in the strenuous physical activity of a lifeguard
3. Each new applicant will participate in a pre-employment strength, stamina, and swimming test. This test will consist of the applicant completing a distance of 500 meters in a time of 10 minutes, a 50 meter cross chest carry of a victim, and a 1 ½ mile run in 12 minutes.
4. All lifeguard applicants will be trained in American Red Cross Professional Rescuer CPR. This will include training/testing in one man adult, two man adult, infant, child CPR, obstructed airway, and breathing devices.
5. All lifeguard applicants will be trained/tested in American Red Cross Standard First Aid, cervical and spinal immobilization, emergencies specific to the beachfront, other common first aid emergencies, and interfacing with outside agencies in respect to medical emergencies. The above coursework totals the USLA minimum 21 hours of first aid training, however normally exceeds the minimum training time.
6. All lifeguard applicants hired(in training), will attend "Lifeguard School" a course of a minimum of 40 hours of open water lifeguard training, lifeguard operations skills, and ocean awareness, and other information pertinent to the job of a lifeguard.
7. All lifeguards hired will be subject to background investigations conducted by the Borough of Sea Girt administration. Information and release of information request will be forwarded to you once hired/rehired.



LIFEGUARD & WATER SAFETY DEPARTMENT

APPLICATION FOR EMPLOYMENT

Name: _____ Social Security # _____
Mailing Address: _____ Summer Address: _____

Phone: _____ Phone: _____
Date of Birth: _____ Height: _____ Weight: _____

E-Mail Address: _____

Previous Sea Girt Beach Employment: _____

Other Beach Related Experience: _____

Date Available for Work: _____

Date Available Until: _____

Can You Work A Five Day Work Week? Y N If No, Then How Many Days: _____

T-Shirt Size S M L XL XXL Board Short/Waist Size: _____
Rash Guard Size S M L XL XXL Jacket size: _____

Do you hold a current CPR card: Y N date of expiration: _____

Do you hold a current First Aid card: Y N date of expiration: _____

Do you hold any USLA open water lifeguard certification: Y N

Do you hold any other certification pertinent to Lifeguarding: _____

Signature: _____ Date: _____

*Please send all applications to: Borough of Sea Girt
Attn: Beach Department-Lifeguards
P.O. Box 296
Sea Girt, N.J. 08750*

Be advised: Lifeguarding is a physically demanding job. You will need a Medical Doctors note stating that you are able to perform the duties of a lifeguard.

- If you are a **new applicant**, you will need this before the pre employment swim test in May.
- If you are a **returning Sea Girt Lifeguard**, you will need this before you start any type of work related duties for the Borough of Sea Girt.

FOR OFFICE USE ONLY:

Rate of Pay: _____ Amount: _____

Pre Employment Swim Time: _____

Pre Employment Run: _____

Open Water Certification Time: _____

Certification Run: _____

Open Water Testing Checklist:

Sit Row _____

Stand Row _____

Run _____

Kayak _____

Paddle _____

Rescue _____

Line/Torp _____

First Aid Training _____

Backboard _____

CPR _____

AED _____

Other _____

Other _____

Uniform:

Shirt Size: _____ # of _____

Tank Top: _____ # of _____

Short Size: _____ # of: _____

Long Sleeve: _____

Wind Pant: _____

Hat: _____

Whistle: _____

Rash Grd: _____

Other: _____

Other: _____

Notes:
